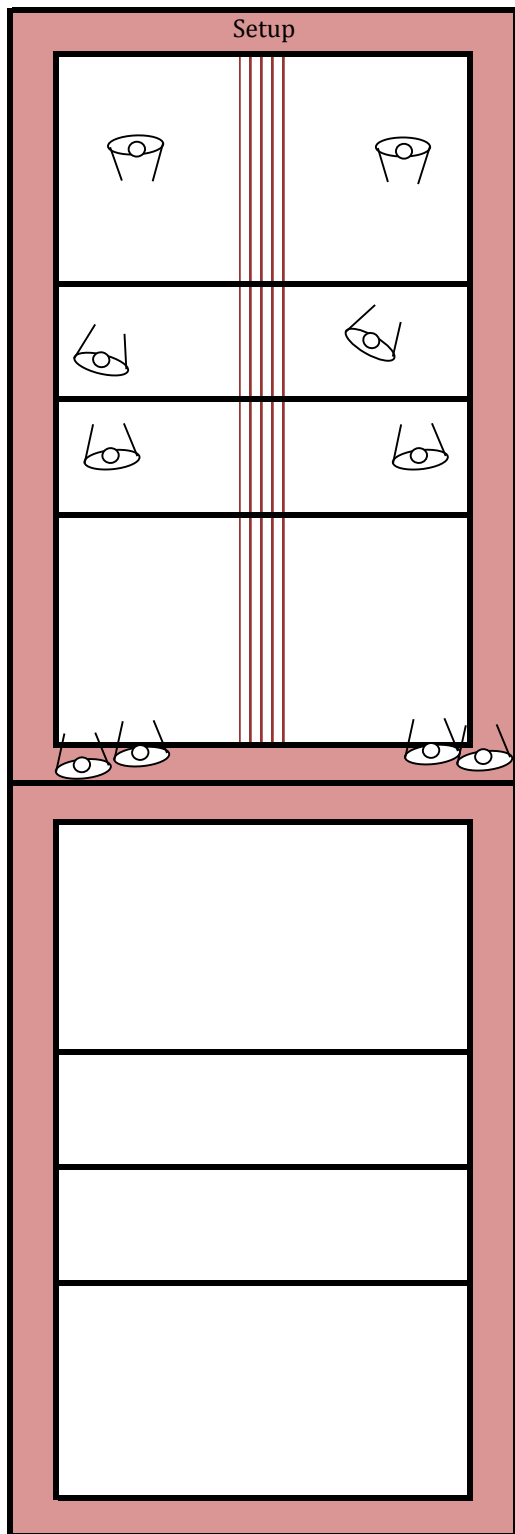# Saskabush

Setup

Set-up
Find a common line on the floor to split the court in two halves. Place an extra antenna at the net on this line. Athletes line up 2 per side with the 4th serving and entering the court. Establish King side

Conditions:
Athletes enter a serve to their half of the court and play out the point 2 on 2. Athlete scores point only when winning the point on the receiving side of the court. If receiving side wins point, those two players trade spots and wait for next serve. If the Serving side wins the point, the athlete at the net goes under the net to join the second player on receiving side and server moves to the net. General rule is player that makes the error to lose the point moves to the end of the

Purpose/Goal
Warm up athletes with lots of touches

Promote gameplay and competition in an individual environment

Lets athletes control the flow of their own game and keep score

Success criteria
Play for an allotted amount of time, to a certain score, or until athletes are sufficiently warm. Points are awarded only to the receiving side, athletes keep track of individual points.

Reference Points
Safety first: with so many balls bouncing around and athletes jumping, promote killing the play when a ball enters the wrong court

Variations
For larger groups, establish a top and bottom court and move athletes (2 - 3) up and down according to their score after 5 minute intervals.

Simplification
Restrict athletes from jumping, to eliminate attacking for part or all

Legend: Ball's Route = →   Players Rotation =•••••••••►   Players =